

2012 City Schools Healthy Food Challenge Grant

Background

The goal of the City Schools Healthy Food Challenge Grant is to create awareness and promote healthy eating of fruits and vegetables through gardening and cooking in the classroom. The grant is targeted to the 83 Baltimore City Schools currently enrolled in the USDA Fruit and Vegetable Program, more information on which can be found [here](#). The City Schools Healthy Food Challenge Grant provides these schools that are already receiving fruits and vegetables in the classroom the opportunity to incorporate nutrition education into their curriculum and make it a priority.

Project Ideas

There is already a tremendous amount of great work being done throughout Baltimore City Schools on the subject of healthy eating, and rather than re-create the wheel, we have provided options to help your school promote fruits and vegetables in the classroom. Some additional ideas to promote fruits and vegetables that can be paired with the options on the following page include: develop a play or skit focused around healthy eating, build a school garden, host a healthy snack cooking challenge, host a community dinner, teach science lessons on fruits and vegetables, designate healthy school food student ambassadors, or create fruit and vegetable ads to be used throughout your school. You can use any of the ideas above or come up with creative ideas of your own. Please feel free to incorporate any resources that you are currently using in your schools into your application.

In addition to choosing one or more of the options listed on the following page, we strongly encourage each school to utilize two free curriculums on healthy eating written by the University of Maryland Extension, Read for Health and Growing Healthy Habits, which teachers can share and utilize across multiple classrooms. Find both curriculums [here](#).

Grant Summaries

- 1. Sharp-Leadenhall Elementary:** The Healthy Eating Project will develop a container garden, host nutrition workshops for parents and children during six weeks, prepare recipe cards for parents, and create a cookbook to use as a fundraiser and parents' healthy-eating guide. Green Team Students are in 4th-5th grades.
- 2. Hilton Elementary:** Hiltonites Eating Right will paint a mural in the cafeteria to support healthy eating, add a hydroponic Window Farm to their outdoor garden and indoor greenhouse, implement lessons about eating and exercise, host cooking classes, and create a healthy snacks cookbook. Green Team Students are in 4th-5th grades.
- 3. John Eager Howard Elementary:** The project will conduct four field trips (for different classrooms) to Whitelock Community Farm, and a Farm representative will assist with the school's garden four times. Afterschool Green Keepers will promote healthy eating,

and at the end of the year, the Farm will host a children's cook-off and healthy cooking class. Green Team Students are in 3rd-5th grades.

4. **Patterson Park Public Charter:** Healthy Heroes will promote healthy food awareness among first graders by conducting weekly cooking lessons from the Read for Health Curriculum, culminating in a tasting party and cookbook. Green Team Students are in 1st and 6th grades.
5. **William Paca Elementary:** Linking and Thinking Nutrition will build salad tables to grow vegetables and herbs in a greenhouse and document plants' growth; they will also create communications promoting health at school and in the community. Green Team Students are in 2nd-4th grades.
6. **Steuart Hill Academic Academy:** The Steuart Hill Garden-Based Health and Nutrition Project and Schoolyard Garden will create an organic fruit, vegetable and herb garden maintained by students, and implement the Growing Healthy Habits Curriculum. They will plan a field trip to a local farm, and draw on Carver High School's Culinary Arts Program for lessons. Green Team Students are in 6th grade.
7. **Furley Elementary:** The Healthy Food Patrol will utilize the school newsletter, radio station, webpage, parent communication system, poster contest and incorporating activities with Chef Charese Robinson to promote healthy eating. Green Team Students are in 3rd-5th grades.
8. **Lockerman Bundy Elementary:** Through Tasty Days, students will create posters promoting the value of healthy eating. The school also hopes to be selected for the Days of Taste program to expose students to healthy eating choices. Green Team Students are in 6th grade.
9. **Franklin Square Elementary Middle:** Alive at the Square will establish a health club to visit each grade level and conduct workshops on healthy eating, including contests, promotions, and taste-testings. They also plan to develop a school garden. Green Team Students are in 7th-8th grade.
10. **F.L. Templeton Preparatory Academy:** Healthy Living will teach eight classes with children's nutrition literature, and conduct a supermarket field trip to introduce students to healthy food options. They also plan to establish a relationship with a local farm to offer students additional opportunities. Green Team Students will be drawn from many grades.
11. **Collington Square Elementary:** Good Food That's Good For You will conduct cooking classes twice a week in which students prepare simple recipes and sample healthy foods.